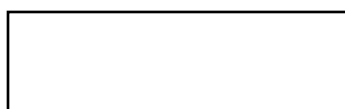


# Your AI-Generated Schedule

Time	Task	Duration	Notes
08:00	Ø=Üª Full-body gym (strength focus	1h	-
09:00	3–6 reps	1h	-
10:00	compound lifts)	1h	-
11:00	Muscle / Function	1h	-
12:00	Exercise	1h	-
13:00	Sets x Reps	1h	-
14:00	Notes	1h	-
15:00	Quads & Glutes	1h	-
16:00	Back Squat (or Front Squat)	1h	-
17:00	4x4–6	1h	-
18:00	Explosive up	1h	-
19:00	controlled down	1h	-
20:00	Hamstrings / Posterior Chain	1h	-
21:00	Romanian Deadlift	1h	-
22:00	3x5	1h	-
23:00	Slow down	1h	-



fast up



1h





25:00



focus on glutes &  
hamstrings









## Single-Leg Stability





27:00

## Bulgarian Split Squat









3x6/leg





29:00

Helps sprinting







30:00

kicking







balance









## Upper Body Pull







Pull-Ups / Weighted Pull-Ups

















Lats









posture







sprint arm drive









## Upper Body Push







Bench Press / Dumbbell  
Press







40:00

3x5







Explosive push for  
tackling & shoulder  
strength









Upper Body Pull /  
Shoulder







Barbell or Dumbbell Row















45:00

Upper back









posterior shoulder







anti-rotation









Core / Anti-Rotation







Pallof Press / Plank with  
Arm Lift







50:00

3x30–45s







Core stability & injury  
prevention









Grip / Full Body Tension







Farmer Carry









2x40m







Grip









posture







total-body tension









## Full-Body Post-Workout Recovery & Stretching







Lower Body / Hips







60:00

Hip Flexor Stretch  
(Runner's Lunge) –  
2x30s per leg







Open hips









improve stride length.







Hamstring Stretch  
(Seated or Standing) –  
2x30s per leg









Prevent hamstring  
tightness after squats &  
RDLs.







Glute Stretch (Figure 4  
Stretch) – 2x30s per leg









Relieves glutes







supports explosive  
movements.









Adductor Stretch  
(Butterfly or Side Lunge  
Stretch) – 2x30s







Helps side-to-side  
movement on the pitch.







70:00

Upper Body / Shoulders /  
Back







Chest Stretch (Doorway  
Stretch) – 2x30s









Opens chest after bench  
press.







Lat Stretch (Overhead  
Reach / Child's Pose  
Variation) – 2x30s









Loosens lats after pull-ups and rows.







Rear Delts / Upper Back  
Stretch – 2x30s









Cross arm across chest  
and pull gently.







Core / Spine









Cat-Cow Stretch – 2x10  
slow reps







Mobilizes spine and core.







80:00

Stir the Pot (on Stability  
Ball) – 2–3x30s







Keep hips stable









rotate arms in circles;  
engages deep core.







Seated Spinal Twist –  
2x30s per side









Improves thoracic  
mobility and rotation for  
kicking & turning.







Full-Body / Dynamic  
Release









Foam Rolling (Optional  
but Recommended) – 5–  
10 min







Quads









hamstrings







glutes







90:00

calves







lats









upper back.







TUESDAY









Solo Soccer Plyometrics  
+ Linear Speed Session  
(60–70 min)







## 1. Warm-Up (10–12 min)









Leg swings (forward/  
back) 10 each leg







Hip circles 10 each side









Arm swings & shoulder  
circles 10 reps







High knees 2x20m









Butt kicks 2x20m







A-skips / B-skips 2x20m









## 2. Plyometric Drills (25–30 min)







## Explosive Lower Body









Standing broad jumps:  
3x6







Single-leg hops (forward):  
2x6 per leg









Depth jumps (low box /  
step): 3×5







Tuck jumps: 2x10









Split squat jumps: 3×8  
per leg







Bounding / Power skips:  
2x15m – exaggerate  
stride









arm drive







Single-leg box hops: 2×6  
per leg









Focus: Single-leg power







hip extension









landing control







### 3. Linear Acceleration Sprints (20 min)









10–15m sprints from  
standing: 6–8 reps







full effort









walk back recovery







20–30m sprints from 3-  
point start / jogging start:  
4–6 reps









Flying sprints (10m build-up + 20m sprint): 3–4 reps







Focus: Explosive first  
steps









sprint mechanics







top-end speed









#### 4. Core / Stability (Optional







5–8 min)









Stir the Pot (stability ball):  
2–3×30s controlled circles







Planks / Side Planks:  
2x30–45s each









Focus: Core stability







essential for balance and  
tackling









5. Cool-Down &  
Stretching (5–8 min)







Light jogging / walking









Static stretches:  
hamstrings







quads









calves







glutes









hip flexors







Foam rolling optional









WEDNESDAY







Soccer-Specific Strength-  
Endurance / Acceleration  
Session (60–70 min)









1. Lower Body –  
Explosive & Isometric







## Exercise









Sets x Duration / Reps







Pitch Benefit









Goblet Squat







3x12









Strengthens quads &  
glutes for sprinting &  
tackling







## Bulgarian Split Squat









3x12/leg







Single-leg power for  
kicking & cutting









Lunge Hold / Split-Lunge  
Iso







3x20–30s/leg









Improves sprint stride  
stability & balance under  
fatigue







## Romanian Deadlift









3x12







Hamstring & glute  
endurance for repeated  
acceleration









Wall Sit







3x30-45s









Maintain defensive  
stance & posture







Calf Raise









3x15-20







Push-off power for sprints  
& quick changes









## 2. Upper Body – Push & Pull







## Exercise









Sets x Reps







Pitch Benefit









## Dumbbell Bench Press







3x12









Explosive arms for  
shielding & tackling







Push-Up Hold









3x15–20s







Core + upper body  
endurance for physical  
duels









## Dumbbell Row







3x12









Upper back endurance  
for posture & sprint arm  
drive







## Lateral Raise









3x12-15







Shoulder stability for  
balance when running or  
defending









Rear Delt Fly







3x12-15









Prevents rounded  
shoulders







helps tackling posture









### 3. Core / Stability







## Exercise









Sets x Duration / Reps







Pitch Benefit









## Plank Variations







3x30-60s









Maintain strong defensive  
stance & posture

















3x12-15







Anti-rotation core for  
tackling & shielding









Hollow Hold







3x20–30s









Core endurance for  
sprinting & jumping







#### 4. Acceleration-Specific Extras









Bodyweight Jump Squats

– 3x12







Explosive take-offs for  
attacking and recovering  
position









Single-Leg Hops Forward  
– 2x6/leg







Push-off power &  
balance for sprinting /  
changing direction







200:00

FRIDAY







Bodyweight Explosive  
Session for Soccer (50–  
60 min)









## 1. Warm-Up (8–10 min)







High knees 2x20m









Butt kicks 2x20m







A-skips / B-skips 2x20m









Mini hops / jump rope  
simulation 2–3 min







Hip circles









leg swings







arm circles







210:00

## 2. Lower Body Explosiveness







## Exercise









Sets x Reps

















## Jump Squats







3x12









Vertical jump power for  
headers & sprints







## Bulgarian Split Jump









3x6/leg







Single-leg explosiveness  
for sprinting & cutting









Walking Bounds / Single-  
Leg Bounding







3x8—10 per leg









Horizontal power for  
acceleration & stride  
length







Single-Leg Hops (forward)









2x6/leg







Push-off & balance for  
sprinting & changing  
direction









### 3. Upper Body Explosiveness







## Exercise









Sets x Reps















230:00

Clap Push-Ups /  
Explosive Push-Ups







3x8-10









Upper body power for  
tackling & shielding







## Pike Push-Ups









3x8-10







Shoulder explosiveness









Superman Explosive  
Raises







3x10









Posterior chain







sprint posture







240:00

#### 4. Footwork & Agility (Fast Feet)







Drill









Sets x Duration

















Ladder or imaginary  
quick feet







3x20s









Foot speed







coordination









reaction







High Knees in Place  
(Fast Feet)









3x20s







Quick leg turnover for  
sprints & defensive  
reactions









Lateral Quick Step Touch  
(side-to-side







short distance)









3x20s







Agility & change-of-  
direction speed









## 5. Core Explosiveness







## Exercise









Sets x Reps

















Hollow Hold / Flutter Kicks







3x20-30s









Core endurance for  
sprints & stability







Russian Twists  
(bodyweight)









3x12-15







Rotational power for  
turning & accelerating









Fall 2025 Timetable  
(Abiodun Marquis)







Monday









8:30–9:20 AM !' ENGL

1145 – Intro to Prose

Fiction







Instructor: Matthew O.  
Gwathmey / Payton G.  
Tupper









Location: Kinesiology  
Building 215 (Lecture)







11:30 AM–12:20 PM !'  
MATH 1003 – Calculus I









Instructor: Muhammad  
Muzammil







Location: F.J. Toole Hall 3  
(Lecture)









1:30–2:20 PM !' CS 1073

– Intro to Computer  
Programming I (Java)







Instructor: Natalie Webber









Location: Gillin Hall C127  
(Lecture)







Tuesday









8:30–9:20 AM !' MATH  
1003 – Calculus I Tutorial







Instructor: Muhammad  
Muzammil









Location: I.U.C. Science  
Library 107 (Tutorial)







10:00–11:20 AM !' CS  
1203 – Overview of  
Computer Science









Instructors: Michael W.  
Fleming / Hung Cao







Location: Head Hall  
(New) C13 (Lecture)









1:00–2:20 PM !' ANTH  
1003 – Environment and  
Climate Change







Instructor: Summer Wood









Location: Carleton Hall  
140 (Lecture)







Wednesday









8:30–9:20 AM !' ENGL

1145 – Intro to Prose

Fiction







Location: Kinesiology  
Building 215 (Lecture)









11:30 AM–12:20 PM !'  
MATH 1003 – Calculus I







Location: F.J. Toole Hall 3  
(Lecture)









1:30–2:20 PM !' CS 1073

– Intro to Computer  
Programming I (Java)







Location: Gillin Hall C127  
(Lecture)









Thursday







10:00–11:20 AM !' CS  
1203 – Overview of  
Computer Science









Location: Head Hall  
(New) C13 (Lecture)







11:30 AM–12:50 PM !' CS  
1073 – Intro to Computer  
Programming I (Java) Lab









Location: Gillin Hall C112







1:00–2:20 PM !' ANTH  
1003 – Environment and  
Climate Change







300:00

Location: Carleton Hall  
140 (Lecture)







2:30–3:20 PM !' CS 1203  
– Overview of Computer  
Science Tutorial









Location: Head Hall  
(New) C13







Friday









8:30–9:20 AM !' ENGL

1145 – Intro to Prose

Fiction Tutorial







Location: Carleton Hall  
140









11:30 AM–12:20 PM !'  
MATH 1003 – Calculus I







Location: F.J. Toole Hall 3  
(Lecture)









1:30–2:20 PM !' CS 1073

– Intro to Computer  
Programming I (Java)







Location: Gillin Hall C127  
(Lecture)







310:00

2:30–3:20 PM !' CS 1073  
– Intro to Computer  
Programming I (Java)  
Tutorial







Location: Gillin Hall C127





